FROM AMMA'S COOKBOOK
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## Selections of South Indian Rice & Curry Vegetarian Cuisine

Onion Curry

Onion curry is an easily prepared "wet" curry which is served very often. It makes a good staple dish, as it is widely liked and inexpensive to prepare. One can add another vegetable to it such as carrots or zucchini.

ONION CURRY

Recipe for 4 Servings

1 large round onion chopped to 1/2 inch pieces

1 large tomato cut in 1/2 inch pieces

1/2 tsp. of each spice: mustard seeds, fenugreek powder, coriander powder, turmeric

2 tablespoons ghee or cooking oil

1/2 tsp. salt

1 cup yogurt at room temperature

1. Heat the ghee or oil in a large frying pan.

2. When the oil is hot, add the mustard seeds and cover. Remove the pan from the heat when the seeds start to pop. The pan must remain covered or the seeds will pop all over the kitchen.

3. After popping stops, return the pan to a low heat, knock the seeds off the inside of the cover, add the rest of the spices, stir and cook for a minute or two to bring out the flavor of the spices.

4. Add the onion, tomato, and salt, stir and cook over medium heat until the onions are translucent. Do not brown or overcook the onions.

5. Remove from heat and add the yogurt. It is best not to heat the dish after the yogurt has been added, as it may separate. More yogurt may be used, according to preference. This dish is good cold the next day. It is difficult to reheat, except in a microwave oven.